

A Message From Our President

Remembering the Toledo Society for the Blind through your estate planning is a fitting way to continue to support the agency indefinitely. A will exercises your right to determine how your property will be distributed and makes an excellent vehicle for charitable bequests. Cash, insurance, or real estate—in fact, anything you give us that has monetary value is tax deductible.

Many far-sighted persons realize that small as well as large bequests are extremely valuable in assuring the continued services of the Society.

In planning such bequests, testators are urged to have their legal counsel confer with Mr. Donald Norwood, the executive director of the Society (241-1183). This will help insure the donor that his or her benefaction can be administered in accordance with the intended purpose.

We rely on the generosity of both individuals and companies to carry out our total program.



John Goerlich, President
Toledo Society for the Blind

The Toledo Society For The Blind
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A Boost For the Barrels!

The Toledo Society for the Blind's continuing program of collecting old eyeglasses for the needy is getting a boost.

Beginning this month, The Ohio Citizens Trust Company will rotate two large barrels among its branch offices for collecting old eyeglasses no longer in use, according to Mr. Dick Mueller, Vice President—Public Relations, Ohio Citizens.

The barrels will be located at each of the branch offices for a period of two weeks before being moved to another branch. A schedule as to where each barrel will be located, will be posted soon in our monthly newsletter. The project will probably continue until the end of the year, Mr. Mueller said.

After collection, the broken metal

frames are separated from the good ones and sold for scrap. Proceeds are used to support a week of recreation for the blind at Camp Hemlock in Michigan.

The glasses are then shipped to New Eyes for the Needy in Short Hills, N.J., where they are classified according to lens type and then distributed worldwide to the needy.

A recent letter from New Eyes for the Needy reported that over 74,625 pairs of glasses are distributed in a year's time to medical missions in such countries as Ghana, Tanzania, Zaire, Zambia, the Philippines, and India.

While banking at Ohio Citizens, won't you help fill up our barrel?

The Gift Of Sight

One of the dramatic achievements in medical research and surgical technique has been the corneal transplant operation to restore sight. It is a miracle of modern medicine, one in which we all can play a vital part.

In recent cases of blindness, the cornea or front "window pane" of the eye becomes scarred or cloudy by injury or disease, thus shutting out light from the otherwise healthy eye. The surgeon replaces this cloudy cornea with a clear healthy one obtained from an eye bank. The operation

is called keratoplasty or corneal transplantation.

There are thousands of persons blind from corneal diseases who are prepared to undergo a corneal transplant operation. They need our help.

One of the greatest legacies we can leave behind is the gift of sight. Toledo is fortunate in having a facility to accommodate this need—The Northwest Ohio Lions Eye Bank, located at the Medical College of Ohio in Toledo. For more information, call the Eye Bank at (419) 385-4661.

Lonely Vigil Ends For CB Operator

"Walkie Talkie Jim" no longer spends 13 hours each day talking over his CB radio because he is lonely. WTJ, as he is known on Citizen Band channels, is too busy these days with his new wife, Carol Ann, or "Moon Maid", in CB jargon.

Visually handicapped and, therefore, unable to work except for various odd jobs, Matthew Jim Leiby, of 145 Oak St., devoted the better part of his waking hours for 16 years to chatting with hundreds of friends over his 23-channel set.

Though WTJ knew his wife from their childhood days, it was the CB that solidified the relationship. Each has his own as well as mutual radio friends, and they alternate in talking to them.

A neighbor's set sparked WTJ's interest in the CB many years ago. He soon bought his own and has had several models since.



Blade Photo

the Toledo Society for the Blind

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A Community Chest Agency

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Noted Doctor Warns Against Glaucoma

Dr. Paul R. Lichter, Director of Glaucoma Service at the University of Michigan, stated at the first Society for the Blind Lecture on May 25 that most eye diseases will produce apparent symptoms that usually send the victim to a doctor.

Glaucoma, the condition involving increased pressure within the eyeball, is the most notorious eye disease which does not produce any apparent symptoms, Dr. Lichter said.

The lecture, which was held in the Doctor's Auditorium of Toledo Hospital, drew a full house. It was sponsored by the Society for the Blind in

conjunction with the Downtown Lions Club.

Glaucoma is the second leading cause of blindness in America today. The first is cataract, a condition in which the lens of the eye becomes cloudy, preventing passage of light.

Dr. Lichter noted that 90 to 95 per cent of all glaucoma involves a form of the disease that produces no symptoms until some loss of vision has occurred.

Dr. Lichter pointed out that at least 56,000 people living today are blind because of glaucoma. More than one million others have impaired vision because of the disease, and nearly

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Drs. Robert Huss and Robert Kiess discuss eye care with speaker, Dr. Paul Lichter.

1976 Christmas Card Program

September is a busy month. Schools are reconvening, civic and religious organizations are resuming their normal schedules, and many cottages are being readied for the on-coming winter season. September is the month for preparation—preparation, too, for the Christmas season.

Once again, the Society for the Blind is offering you our Holiday Card Program. We have enclosed card samples which we feel are most appropriate for business, religious, or personal use. To order, select one or more cards from the samples, complete the enclosed postpaid order card, and drop in the mail. Please allow \$4.50 extra per card selection if you desire your name to be imprinted on your cards.

If you should choose to order some of these cards, you will be neither charged nor billed for them. Instead, we ask that you make a contribution to the Society for the Blind. Anything over the amount you normally spend for holiday greeting cards is tax deductible.

Because of your generous response, we are able to continue with those programs which are not funded through Community Chest—namely, summer camp, eye screening, the medical clinic at St. Vincent Hospital, family night, and help for blind bowlers.

We sincerely appreciate your annual support in this worthy program.

Annual Eye Exam

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200,000 new cases of glaucoma occur each year.

"This is a tremendous, overwhelming incidence. It is one of the most frequent diseases occurring today. And the tragedy is that almost all of the visual loss from glaucoma would be preventable if the disease were detected in its early stages", he added.

A technique called tonometry can easily detect glaucoma. The glaucoma examination is painless, safe, reliable, and requires only about two minutes, according to Dr. Lichter.

The person newly diagnosed as suffering from glaucoma can be treated with eye drops or oral medication or, in certain instances, with surgery, and stands an excellent chance of having the disease controlled for the rest of his life.

We would like to take this opportunity to apologize to those who expressed disappointment because of our error in not giving sufficient advance notice for this lecture.

The Society for the Blind will sponsor another lecture, the subject of which will be on esotropia (cross eyes). Date, time and place will be announced shortly. Please inform us if you would like to attend.

(Portions of the above taken from an article appearing in *The Blade* on May 27, 1976.)

Off To Camp

Located in the hilly farmlands beyond Hillsdale, Michigan, Camp Hemlock once again provided the perfect setting for our blind campers during the week of August 15.

This 15-acre camp situated on a small, clear, cool lake is one of the cleanest and best planned facilities available anywhere. Much of the campground area is roped with guidelines to direct the blind to specific areas. Under the guidance of camp counselors, the blind campers can participate in a variety of recreational activities which include swimming, boating, hayrides, games, and—best of all—plenty of eating. Transportation to and from the camp was provided by the Society.

Camp Hemlock is owned and operated by St. Paul's Lutheran Church, on Erie Street.

Library Expands Service To Handicapped

The Toledo-Lucas County Public Library has expanded its Homebound Service (a service which brings the library to nursing homes and senior citizens housing complexes) to include permanently handicapped people who are unable to visit their neighbor-

hood libraries in person. Materials available from this service include talking books, recordings, cassettes and players, magnifying glasses, plus many more items. For more information, contact 242-7361, extension 306, and ask for the Bookmobile Service Library.



Dorothy Schwandt from the Homebound Bookmobile Service delivers a cassette to Frank Osborn.

What Is Blindness?

There are many definitions of blindness, all referring to how well the individual can see even with the best corrective lenses. Actually, most so-called "blind" persons—over 75 per cent of the blind persons in this country—do have some usable vision.

How then can one decide when a person should be considered severely visually impaired? The primary concern should be how well the person can function with his limited vision. The individual is handicapped to the degree to which his visual impairment prevents him from living the life he wishes to lead.

For example, the person who would like to be able to drive a car or do a lot of visual reading will find poor vision more of a handicap than the person whose life style does not include these activities. In other words, the

person is severely handicapped when he considers himself to be severely handicapped.

Severe visual impairment may be called "blindness", "functional blindness", the inability to read newspaper print, or "legal blindness", a definition used to determine eligibility for public assistance. A person is said to be "legally blind" if his central visual acuity does not exceed 20/200 in the better eye with correcting lenses or his visual field is less than an angle of 20 degrees. In simpler terms, a person is considered "legally blind" if he can see no more at a distance of 20 feet than someone with normal sight can see at a distance of 200 feet.

Note: Taken from "Facts About Blindness" by the American Foundation for the Blind, Inc.

Many Contribute To Success Of Head Start Eye Screening Program

The Toledo Society for the Blind—with help of the Downtown Lions Club, nine volunteer ophthalmologists, and St. Vincent Hospital—completed its eighth year with the Head Start Eye Screening Program.

Ten per cent of the children who participated in the Eye Screening Program were found to have eye problems—the major one being amblyopia or lazy eye. One hundred thirty children were referred to the Eye Clinic this year, making a grand total of 493 children who have benefited from this service. Mrs. Beverly St. John is coordinator.

The Head Start Program is a federally funded pre-school education project which has been in existence in Toledo for 11 years and will serve more than 1,200 three to five year olds in 1976 in the Toledo area.

A great deal of time and effort from many individuals keeps our Eye Screening program a continuing benefit for these pre-schoolers.

Fresh Look For Society Building

Trimmed evergreens and several varieties of flowers have given the Society's building a new look. We heartily thank the Toledo Women's Club—under the leadership of Mrs. James Houtz, President, assisted by Mrs. Tom Horvell, chairman of the Garden Club, and Mrs. Lee Landfare, President of the Evening group—for their time and effort in this project.



Freshly planted flowers in front of the Society's building receive tender loving care from a young helper.

Education For the Blind

The visually handicapped person is just as capable as his sighted peers; he merely needs education and a chance to prove himself, Dr. Richard Umsted, the principal of the Ohio State for the Blind, recently told members of the Toledo Society for the Blind.



Mrs. Rosalyn Snow teaches homemaking skills to a visually handicapped girl.

Dr. Umsted amplified on a few of the many programs his school offers. One work-study program being developed has students working in photographic dark-rooms, auto repair shops, day-care centers, and print shops.

In connection with educating the blind, the Toledo Society for the Blind offers, on a referral basis by the Bureau of Services for the Blind, a Home Training Program.

The program, which has been supervised by Mrs. Rosalyn Snow, teaches mobility skills, personal adjustment, homemaking, and is geared to the needs of each individual. Mrs. Snow will be assisted by Mrs. Barbara Knipple, who will handle Paulding and Henry County. Mrs. Snow will continue to handle Lucas and Wood County.



The Sign Post

Six new eye care films have been added to our free lending library. The purchases are: 3 copies of "The Eyes Have It", a film on eye safety for children in kindergarten through fifth grades; "Glaucoma, Sneak Thief of Sight"; and two versions of "Eye and Face Protection in Chemical Labs" for both high school and industrial audiences.

Requests for these should be made to the Ohio Society for the Prevention of Blindness, Box 2020, Columbus, Ohio, 43261.

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A special 2-volume Braille edition of the Reval "Crock-Pot Cookbook" containing 150 recipes has been published as an aid to the visually handicapped. The crock-pot method of slow cooking is of special value to blind homemakers because it requires no open flames or exposed range-top elements. No stirring, watching, or careful timing is necessary. For more information, write: The Braille Committee, Beth Shalom Sisterhood, 2100 West 79th Terrace, Prairie Village, Kansas, 66208.

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It is possible to minimize the effects of eye fatigue with some brief muscle calisthenics. Holding your head still, glance quickly to the corners of the room. Do that for 30 seconds, then close your eyes for 10. Blink eyes to relieve tension, then repeat the fixational movements, close lids again and count to 10.

You can also exercise eye muscles by looking steadily at an object on the wall while you roll your head in one direction then in the other. Close your lids and roll your eyes in large circles. Most any eye movement exercise tends to relieve tension built up by eye usage and can be a good way to minimize the slowed responses of the aging eye.

* * *

After several years of dedicated service to the Toledo Society for the Blind and this publication, Mrs. Ruth Patterson of Questor Corporation has retired and moved to Florida. Thank you Ruth. We will miss you.